

*Swinging and Swaying*

Trees  
Winds  
Swings  
Rocking dolls  
Swinging a lasso  
Windshield wiper  
Flowers  
Field of grain  
Flags  
Sign swinging  
Bells ringing

*Striking and Beating*

Drums  
Ringing bells  
Ringing gongs  
Cleaning rugs  
To show strength  
To show anger  
Clocks  
On the door

*Rising and Falling*

Riding the waves  
Roller coaster

## EXPERIENCES IN RHYTHMIC EXPRESSION

**Types.****Free creative expression**

Rhythmic expression may be grouped into three types. The free, creative type of expression, in which a boy or girl expresses his or her own idea, is essentially the foundation of the program of rhythmic expression. The idea is first; then the idea is expressed through some form of rhythmic interpretation. This free interpretation may take form in imitation of toys, animals, pets, etc., or dramatization of life experiences that are familiar to the child, or through pantomime of the elements of nature. The idea and interpretations are those of children and are not imposed by the teacher. Music that inspires such rhythmic expression may be introduced through the media of song, instrument, or recording.

**Semi-directed rhythmic expression**

The semi-directed type of rhythmic expression occurs when ideas are suggested, discussed, and demonstrated. The child still interprets the ideas individually, but as the result of group discussions. The group may discuss the necessary activities to make a garden. Some of the suggestions may be to prepare the ground, plant the seed, water the plants, pull the weeds and harvest the crop. The portrayal is still individual, even though several or all of the children take part. The teacher is an important guide. Music may be provided through the media of song, instrumental music, recordings that tell a story, or a story told with musical background.